

# MILWAUKEE COUNTY SENIOR DINING



**ELKS LODGE**  
5555 W. GOOD HOPE ROAD  
FOR CURBSIDE PICKUP

## MARCH



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <b>414-760-3195</b>	Grilled Cheese <sup>1</sup> Corn Chowder w/Crackers Broccoli & Cauliflower w/Ranch Dressing Cinnamon Apples	Vegetarian Chef's Salad <sup>2</sup> <i>Lettuce, Cucumber, Egg                      Carrots, Tomato, Cheese                      Salad Dressing</i> Bran Muffin Cottage Cheese Mandarin Oranges	Chicken Fingers <sup>3</sup> Mashed Potatoes Gravy Creamed Spinach Biscuit Spice Cake ♥ Fresh Pear	Veggie & Cheese <sup>4</sup> Tortilla Wrap Lentil Salad 🍅 Tomato Juice Blueberry Yogurt Sliced Peaches
Roast Beef & Gravy <sup>7</sup> Coney Bun Tater Tots Winter Squash Applesauce M & M Cookie ♥ Grape Juice	Fettucine Alfredo <sup>8</sup> w/Chicken Sautéed Veggies Black Bean Salad Garlic Bread Angel Food Cake w/Berries	BBQ Pulled Pork <sup>9</sup> Sesame Bun Au Gratin Potatoes Spinach Salad Red Cabbage Slaw Banana	Salisbury Steak <sup>10</sup> Gravy Mashed Potatoes Sweet Peas Vienna Bread Oatmeal Raisin Cookie ♥ Raisins	Clam Chowder <sup>11</sup> <b>A. Fried Fish</b> <b>B. Baked Fish</b> Potato Wedges Mixed Vegetables Dinner Roll Clementine
Pub Burger <sup>14</sup> Sesame Bun Sweet Potato Fries Baked Beans Pickle Spear Coconut Pie ♥ Fruit	Taco Salad <sup>15</sup> <i>Lettuce, Taco Meat                      Tomato, Peppers, Onion                      Cheese, Dressing</i> Tortilla Chips Tropical Fruit Cup Blondie ♥ Fruit	<div style="border: 2px solid red; padding: 2px; display: inline-block;"><b>DINE@FIVE</b></div> <sup>16</sup> Swedish Meatballs Buttered Noodles Garlic Roasted Tomatoes Broccoli Salad Poppy Seed Dinner Roll Fruit Cup	Corned Beef & Swiss <sup>17</sup> 1,000 Island Dressing Marble Rye Bread Cabbage Slaw Pickle Spear Fresh Pear Shamrock Cookie	Vegetable Lasagna <sup>18</sup> Green Beans Almondine Arugula & Tomato Salad Italian Bread Fruit Cobbler ♥ Fruit
Hot Ham & Cheese <sup>21</sup> Kaiser Roll German Potato Salad Calico Beans 🍊 Orange Juice Cereal Bar	Chili w/Crackers <sup>22</sup> Shredded Cheese Onions, Sour Cream Corn O'Brien Cheddar Biscuit Pineapple Jello	Broasted Chicken <sup>23</sup> Broasted Potatoes Collard Greens Black-Eyed Peas Cornbread Fresh Orange	Country Ribs <sup>24</sup> Macaroni & Cheese Stewed Tomatoes Salad/Italian Dressing Crusty Bread Ambrosia	Tuna Melt <sup>25</sup> 7-Grain Bread Arugula & Tomato Salad Corn Chips Fruit Cup Banana Muffin
<b>A. Supreme Pizza</b> <sup>28</sup> <b>B. Cheese Pizza</b> Baby Carrots Pasta Salad Breadstick Strawberry Yogurt	Glazed Ham Steak <sup>29</sup> Baked Potato Casserole Country Style Vegetables 7-Grain Bread Peanut Butter Cookie ♥ Fruit	Spaghetti & Meatballs <sup>30</sup> Parmesan Cheese Chef's Vegetables Italian Bread Fruit Cocktail Graham Crackers	Roast Turkey/Gravy <sup>31</sup> Whole Grain Bun Scalloped Potatoes Southwest Vegetables Cranberry Relish Granola Bar	Suggested Contribution <b>\$3.00</b> 60+  find us on facebook ♥ = HEALTHIER DESSERT

## Can Processed Food Be Healthy?



There are a lot of conflicting messages about what processed food is.

Most of the food we eat today has been processed in some way, from salad mix to frozen dinners. Some processed foods have ingredients added, some are fortified to add nutrients, some are prepared for convenience, and some are packaged to last longer or for food safety. Even foods labeled "natural" or "organic" can be processed.

More people are paying attention to processed food.

**74%** of consumers prefer less sodium in processed foods.

Almost **50%** of consumers have tried to eat fewer processed foods.



What do you need to know?



Minimally processed foods have been manipulated (cut, cooked, packaged) in some way.



Some foods are processed with ingredients typically used in cooking, such as salt or sugar.



Highly processed foods are manufactured with ingredients that are not typically used in cooking.

### 1 Choose healthier processed foods.

By one recent estimate **highly processed foods** contribute

**50%** of the calories & **90%** of added sugars in the American diet

It's important to:

- Read food labels.
- Look for the **Heart-Check mark** on packaged foods.
- Make healthier choices when eating out.



### 2 Seek healthier alternatives to highly processed foods.



Cook more meals at home.



Swap highly processed foods with less processed options.



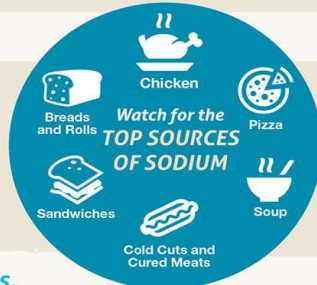
Try fruits and vegetables from the produce aisle, the farmer's market, or your own garden.

### 3 Watch out for sneaky sodium.

Extensive research has shown that too much sodium is related to high blood pressure, a primary risk factor for heart disease and stroke.

Shake your sodium habit.

Most of the sodium we eat comes from **PROCESSED, PREPACKAGED, AND RESTAURANT FOODS, NOT THE SALT SHAKER.**



### 4 Take your food into your own hands.



American Heart Association advocates have written **more than 29,000 letters to the food companies and restaurants** that provide processed foods, asking that healthier options be made available.

You can too! Join our growing community, take action, get helpful tips and #BreakUpWithSalt today by visiting [heart.org/sodium](http://heart.org/sodium).

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## NUTRITION & ORAL HEALTH: THE ROOT OF IT ALL

Registered dietitians at the Academy of Nutrition and Dietetics recognize a link between mouth health and nutrition. Oral infectious diseases, as well as acute, chronic and terminal illnesses with oral symptoms can impact not only our ability to consume food properly, but also our health and nutrition status.

ORAL HEALTH ISSUES IN OLDER ADULTS (65+ YRS):

**1/3** HAVE UNTREATED DENTAL ISSUES



FOR MANY, AN ANNUAL DENTAL EXAM IS A LUXURY



**72%** on average have health insurance

**56%** on average have health insurance

ORAL HEALTH ISSUES IN CHILDREN (2-4 YRS):



### THE DON'TS FOR ORAL HEALTH

- DON'T** regularly sip on sugar-sweetened or carbonated drinks.
- DON'T** overly consume sticky foods or slow-dissolving candies.
- DON'T** frequently eat desserts or other sugary foods.

### THE DO'S FOR ORAL HEALTH

- DO** maintain a healthy diet of fruits and vegetables, lean protein, low-fat dairy products and whole grains that provide essential nutrients.
- DO** practice good oral hygiene (i.e. brushing your teeth with fluoridated toothpaste twice a day, drinking fluoridated water, and seeking regular oral health care).

ORAL HEALTH CARE & NUTRITION IS ABOUT EDUCATION  
But the collaboration between patients, dentists and registered dietitians can prevent and alleviate a lot of common dental problems - and offer better health to boot!

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Position of the Academy of Nutrition and Dietetics: "Oral Health and Nutrition" (May 2013). <http://www.eatright.org/files/2013/05/0513-ORAL-Health-and-Nutrition.pdf>  
Gallup Working: "Residents in Mass., Connecticut Lead Nation in Dental Visits" (Sept. 2013). <http://www.gallup.com/161064/Residents-Mass-Connecticut-Lead-Nation-Dental-Visits.aspx>  
\*Based on a 2011 Gallup study of more than 172,000 interviewees ages 18 and over who say they visited the dentist between January and June 2011.